

10

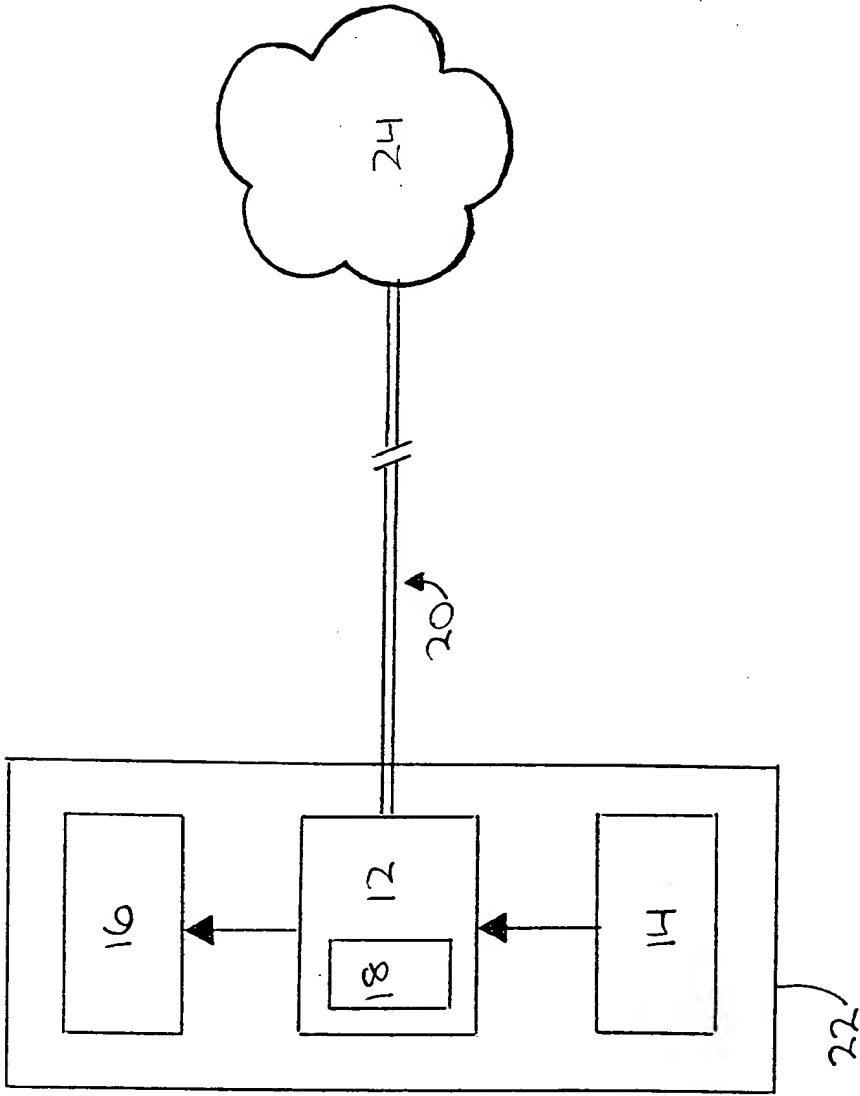


FIG. 1

JOHN DOE	File Menu Options Help
446	lookup:

43-

五、

Stop... THINK

[illegible][illegible]

22

HK

20

3. 9. 11

62

New Food Item [X]

Category
☒ Green ☐ Yellow ☐ ...

Food Name

Fat Grams

Calories

Portion

Accept Cancel

FIG. 4

60

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Joe Belly Buster™ Table of Contents

The Screen

Tracking

Is this really you?

Setting the date and calendar stuff

Setting targets

Entering Food Consumed

Adjusting/Correcting Consumption

Counts vs Percentage, Remaining

Customizing the Menu

Adding New Menu Item

Changes on existing items

Removing Menu Item

Reporting

Hints

FIG. 5

66 →

090718551.051101

Joe Belly Buster Healthy Eating Hints [X]

To convert grams of fat, protein, alcohol, and carbohydrate, use these numbers:

Fat is 9 calories per gram consumed
 Protein is 4 calories per gram
 Carbohydrate is 4 calories per gram
 Alcohol is 7 calories per gram

Okay
 Next Hint
 Turn Off Hints
 New
 Change
 Delete

FIG. 6